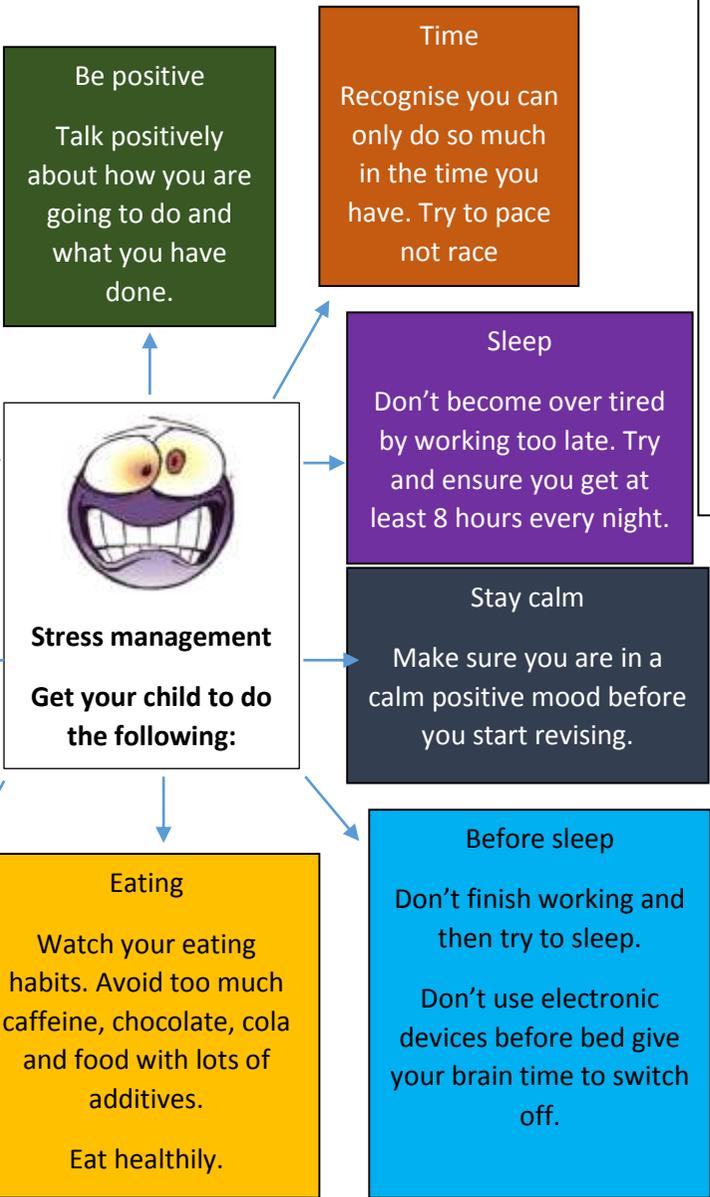




# How to help your child in the lead up to their exams

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>



**Exercise**  
In between revision sessions  
Get out of your room.  
Go for a walk, run, stretch.  
Go for a swim, a kickabout whatever.  
Be active and clear your mind.

**Exam Menu**

Eating is essential – Don't skip meals otherwise you feel hungry and can't concentrate.

Food to help revise and prepare for exams.

Eat bread, Pasta, cereals and potatoes – these release slow energy keeping you going for longer.

Fruit and vegetables – Give you essential vitamins. Have your 5 a day.

Eat meat, fish, pulses and dairy to get your protein. Keep your iron levels up to help you concentrate (eat spinach, red meat, eggs)

Drink plenty of fluids. Hydrated brains think more clearly. Water is best, don't drink too many fizzy, sugary drinks. Bring water to the exam (No labels on bottles).

## Answering exam questions checklist

**Remind your child of these points before each exam!**

1. Read the details on the front of the exam
2. If there is a choice of questions to answer, make sure you know which questions you need to answer
3. Read these questions carefully
4. Underline key words in the question as you read it, i.e. describe, explain etc
5. Divide up your time. Know how long to spend on each question and stick to it!
6. Plan longer written answers by creating a list of points at the top of your work.
7. Write the answer
8. Make sure at the end of each paragraph/answer you link it back to the question.
9. If you have time re-read the answer and make necessary corrections.